

Herbed Spinach Quiche Portabella Caps

Prep time: 45 minutes

Makes: 4 Servings

Here's a savory, healthful, time-saving twist to breakfast quiche. Use portabella mushroom caps instead of high-fat pie pastry to make individual quiches.

Ingredients

- 4 portabella mushrooms (3-inch diameter)
- cooking spray
- 3 large eggs
- 6 egg whites from 6 eggs
- 1/2 cup** whole-wheat grated bread crumbs
- 1/4 cup** nonfat milk
- 1 teaspoon** low-sodium garlic & herb blend
- 1 cup** cooked and drained, chopped, frozen spinach
- 1/4 cup** reduced-fat Parmesan cheese, divided

Directions

1. Place oven rack in center of oven; preheat oven to 375 °F.
2. Remove portabella stems; wipe clean with damp paper towel.
3. Spray baking sheet with cooking spray, and place mushroom caps on baking sheet.
4. In a mixing bowl, whisk together all remaining ingredients, except 1 tbsp Parmesan cheese.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	190	
Total Fat	6 g	9%
Protein	17 g	
Carbohydrates	14 g	5%
Dietary Fiber	4 g	16%
Saturated Fat	2 g	10%
Sodium	330 mg	14%

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Vegetables	1 1/4 cups
Protein Foods	2 ounces
Dairy	1/4 cup

5. Coat 10-inch non-stick pan with cooking spray and heat over medium flame.
6. Cook and scramble egg mixture until it just starts to thicken. Remove from heat.
7. Using a large spoon, scoop partially cooked, hot egg mixture into portabella caps.
8. Sprinkle tops with remaining Parmesan cheese. Bake about 20 minutes.
9. Serve immediately.

Notes

Serving Suggestions: Serve with strawberries and orange slices (or other fresh, frozen, or canned fruit), water with lime or lemon slice/wedge.